

The effects of COVID-19 restrictions on physical and mental health

Page 1: About the survey

This is a short survey to understand how the Government's restrictions during the coronavirus (COVID-19) pandemic has affected physical and mental health in children and young adults with a physical or intellectual disability. We hope the information gathered will help to inform guidelines and policies on how to best support those with a disability over the coming months.

Page 2: Taking part in this survey

We are asking you to complete the survey on behalf of your child. Taking part in this survey is voluntary, you can stop at any time and if you don't want to answer a question you can skip it. If you do close your internet browser before you have completed the survey, your information will not be submitted to the research team.

You can complete the survey on your phone, iPad/tablet device or PC. If you have more than one child with a disability, please answer with only one child in mind. You may complete a new survey for each child if you wish.

The survey will take around 15 minutes to complete.

Your answers will be anonymous, no identifying data is collected by this survey and all of your responses are kept confidential – no one will know who has said what. The study has been approved by University of Gloucestershire Research Ethics Committee.

The findings from the survey maybe shared with others including people at University of Gloucestershire and the Chamwell Centre Charity and other people who make decisions about health services and support and the media. However, no one will know that your answers belong to you.

If you have any questions or concerns regarding the survey, please contact **Dr Nicola Theis** (Email: ntheis@glos.ac.uk, Telephone: +44 (0)1242 715362).

Page 3: Consent

Before deciding whether or not to take part in this study, it is important that you agree with the following statements:

- I have read and understood the information provided
- I understand I am able to withdraw from the study before submitting my final answers by closing my browser
- I understand all data will be completely anonymous

Please tick the box below to indicate that you are happy to take part in the study: *
Required

- ☐ I agree to take part in this study
- ☐ I do not agree to take part in this study

Page 4: Demographic information

This first section will help us to understand about your child and their needs.

Page 5: Demographic information

What is the age of the child, for whom you are completing this survey?

What is the sex of your child?

- ☐ Male
- ☐ Female

What is your child's primary diagnosis?

Does your child have an intellectual disability?

- ☐ Yes
- ☐ No
- ☐ I'm not sure

If yes, which one of the options below best describes their intellectual disability?

- ☐ My child has a mild intellectual disability
- ☐ My child has a moderate intellectual disability

☐ My child has a severe or profound intellectual disability

Does your child have a physical disability?

- ☐ Yes
- ☐ No
- ☐ I'm not sure

If yes, which of the options below best describes their ability?

- ☐ Non-ambulant - wheelchair user
- ☐ Semi-ambulant - can walk with some support
- ☐ Fully-ambulant - can walk and run independently

Does your child have limitations in using his or her arms or hands?

- ☐ Yes
- ☐ No

Does your child have any pre-existing mental health problems? Please describe any you feel are relevant.

Please specify any other medical conditions (epilepsy, diabetes, immune deficiency etc.) your child has:

Page 6: Physical and mental health

The questions in this section will help us to find out how the COVID-19 restrictions have affected your child's **physical and mental health**. If any of the questions are not relevant for your child you can skip them.

The questions on the next page are about your child's physical health ***BEFORE*** lockdown began.

Page 7: Physical and mental health - BEFORE lockdown

In a typical week before lockdown, how many days was your child managing 10 mins or more of **vigorous** physical activity like running, fast bicycling, or fast swimming?

How much time did your child usually spend on one of those days doing **vigorous** physical activities?

In a typical week before lockdown, how many days was your child managing 10 mins or more of **light/moderate** physical activity like walking, running, cycling or swimming?

How much time did your child usually spend on one of those days doing **light/moderate** physical activities?

For each activity before lockdown, who (if anyone) did your child share physical activities with?

How much time would your child usually spend **sitting** in a typical day before lockdown began (this may include time spent sitting at school, reading or sitting or lying down to watch television)?

Page 8: Physical and mental health

The questions on the next page are about your child's physical health ***IN*** this lockdown period.

Page 9: Physical and mental health - DURING lockdown

In a typical week during lockdown, how many days has your child managed to do 10 mins or more of **vigorous** physical activity like running, fast bicycling, or fast swimming?

How much time has your child spent on one of those days doing **vigorous** physical activities during lockdown?

In a typical week during lockdown, how many days has your child managed to do 10 mins or more of **light/moderate** physical activity like walking, cycling or swimming?

How much time has your child spent on one of those days doing **light/moderate** physical activities during lockdown?

For each activity in lockdown, who (if anyone) does your child share physical activities with?

How much time does your child usually spend **sitting** in a typical day in lockdown (this may include time spent sitting at school, reading or sitting or lying down to watch television)?

Page 10: Physical and mental health

The questions on the next page will help us to understand how this lockdown period has impacted your child's **access** to physical activity.

Page 11: Physical and mental health

In the past week, do you think your child has done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced?

- ☐ A lot more
- ☐ A bit more
- ☐ Neither more nor less
- ☐ A bit less
- ☐ A lot less
- ☐ I don't know

If less, what three things have prevented your child being active during this time?

In what ways has this impacted your child?

Does your child require access to specialist facilities/equipment in order to take part in physical activity? E.g. hydrotherapy pool, soft play and frame or racerunner etc.?

- ☐ Yes
- ☐ No

If yes, which facilities/equipment have they missed most?

Which exercise class/therapy has your child missed the most due to COVID-19 restrictions?

- ☐ Rebound Therapy
- ☐ Swimming/Hydrotherapy
- ☐ Sensory Therapy
- ☐ Soft Play
- ☐ Physiotherapy
- ☐ Occupational Therapy
- ☐ Botox
- ☐ Other

Which others?

Have you noticed any negative changes in your child over the period of lockdown?

- ☐ Yes
- ☐ No

If yes, can you give some examples of what you have noticed?

Have you noticed any positive changes in your child over the period of lockdown?

☐ Yes

☐ No

If yes, can you give some examples of what you have noticed?

Have you found new ways to keep your child active during this time, or have you changed what you normally do to comply with lockdown restrictions?

☐ Yes

☐ No

If yes, please give examples:

Page 12: Mental health, relationships and behaviour

The questions in this section will help us to find out how the COVID-19 restrictions have affected your child's **mental health and wellbeing** *IN* lockdown. If any of the questions are not relevant for your child you can skip them. Before you begin, please read the following definitions. You may find these useful as you complete the survey.

Mental health

- Mental health means how we think, feel and act.
- Our mental health is just like our physical health: everybody has it and we need to take care of it.
- Good mental health can help you to think positively, feel confident and act calmly. If you have poor mental health you might find the way you're thinking, feeling or acting becomes difficult to cope with. For example, you might think nobody likes you, you might feel sad, or you might feel like you can't control how you behave.

Mental wellbeing

- Mental wellbeing means how you're feeling right now, and how well you can cope with day-to-day life.
- Our mental wellbeing can change from moment to moment, day to day or month to month.
- Sometimes it changes because of things that happen to us and sometimes it changes for no reason at all.
- It can affect the way we feel about ourselves and others, and about the things we face in our lives.

Page 13: Mental health, relationships and behaviour - IN lockdown

How would you describe your child's current mental health and wellbeing?

- ☐ Very
- ☐ Poor
- ☐ Ok
- ☐ Good
- ☐ Very Good

Please tick the box that best describes how have these things have affected your child's mental health and wellbeing:

	Much worse	Bit worse	No change	Bit better	Much better	Does not apply
Not being able to attend school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not being able to go outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not being able to play and exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not being able to access specialist facilities and equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not being able to access specialist therapies and classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you have completed this question on behalf of a child with an intellectual disability, how confident are you that this is a true representation of their current state of wellbeing?

- ☐ Very confident
- ☐ Somewhat confident
- ☐ Not very confident

Please explain your answer:

Please tick the box that best describes how lockdown has affected these things:

Please don't select more than 1 answer(s) per row.

	Much worse	Bit worse	No change	Bit better	Much better	Does not apply
Social interaction with other children and adults	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintaining previous friendships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Making new friendships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Their relationship with you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Their relationship with other family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Their confidence to take part in things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How they feel about themselves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Their overall independence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Their overall behaviour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Their overall mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you have completed this question on behalf of a child with an intellectual disability, how confident are you that this is a true representation of their current state of wellbeing?

- ☐ Very confident
- ☐ Somewhat confident
- ☐ Not very confident

Please explain your answer:

Do you have any other comments about how the COVID-19 pandemic is impacting upon your child's life and what kind of support they would need?

What would help your child maintain a better level of physical and mental well-being during the pandemic? (e.g. support from the community, resources for managing the pandemic better etc.)

What are your short-term (next 3 months) concerns about the impact of pandemic on your child's physical and mental health?

Finally, what are your long-term concerns (3-12 months) about the impact of the pandemic on your child's physical and mental health?

Page 14: Thank you

Thank you very much for taking part in this survey.

If you are worried about the mental health of yourself or your child and need to speak to someone immediately, **ring the Samaritans for free on 116 123**. They are always open and you can talk to them about anything.

If you want to talk to someone about how to get professional help for yourself or your child, you can call the:

Samaritans Infoline: 0300 123 3393

Rethink Mental Illness helpline: 0300 5000 927

For further information on ways to manage mental health during the covid-19 pandemic, you can visit the **Scope website**:

<https://www.scope.org.uk/advice-and-support/mental-health-and-coronavirus/>

Key for selection options

10 - In a typical week before lockdown, how many days was your child managing 10 mins or more of **vigorous** physical activity like running, fast bicycling, or fast swimming?

0 days

1 days

2 days

3 days

4 days

5 days

6 days

7 days

My child does not do vigorous physical activity

11 - How much time did your child usually spend on one of those days doing **vigorous physical activities**?

Less than 30 minutes per day

30-60 minutes per day

1-2 hours per day

- 3-4 hours per day
- 4 or more hours per day

12 - In a typical week before lockdown, how many days was your child managing 10 mins or more of **light/moderate physical activity like **walking, running, cycling or swimming**?**

- 0 days
- 1 days
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days
- My child does not do vigorous physical activity

13 - How much time did your child usually spend on one of those days doing **light/moderate physical activities?**

- Less than 30 minutes per day
- 30-60 minutes per day
- 1-2 hours per day
- 3-4 hours per day
- 4 or more hours per day

15 - How much time would your child usually spend sitting in a typical day before lockdown began (this may include time spent sitting at school, reading or sitting or lying down to watch television)?

- Less than 2 hours per day
- 2-4 hours per day
- 4-6 hours per day
- 6-8 hours per day
- 8-10 or more hours per day
- More than 10 hours per day

16 - In a typical week during lockdown, how many days has your child managed to do 10 mins or more of vigorous physical activity like running, fast bicycling, or fast swimming?

- 0 days

1 days

2 days

3 days

4 days

5 days

6 days

7 days

My child does not do vigorous physical activity

17 - How much time has your child spent on one of those days doing vigorous physical activities during lockdown?

Less than 30 minutes per day

30-60 minutes per day

1-2 hours per day

3-4 hours per day

4 or more hours per day

18 - In a typical week during lockdown, how many days has your child managed to do 10 mins or more of light/moderate physical activity like walking, cycling or swimming?

0 days

1 days

2 days

3 days

4 days

5 days

6 days

7 days

My child does not do vigorous physical activity

19 - How much time has your child spent on one of those days doing light/moderate physical activities during lockdown?

Less than 30 minutes per day

30-60 minutes per day

1-2 hours per day

3-4 hours per day

4 or more hours per day

21 - How much time does your child usually spend sitting in a typical day in lockdown (this may include time spent sitting at school, reading or sitting or lying down to watch television)?

Less than 2 hours per day

2-4 hours per day

4-6 hours per day

6-8 hours per day

8-10 or more hours per day

More than 10 hours per day
